



Residential Section

Itinerary and Typical Programme

Please note: The order of the itinerary is subject to change and is dependent upon weather conditions

During the trip participants are split into a two watch system and if possible participants who are known to each other are usually separated

The vessel is usually anchored overnight to allow for other activities

All items on the syllabus will be covered at some point during your time at sea

Participants also have the opportunity to work towards formal RYA Competent Crew Accreditation

Syllabus

- Preparing for sea, safety equipment, emergency procedures, radio, pumping, firefighting and deck brief
- Knowledge of each sail, gear issues and maintenance, points of sail and trim
- Manoeuvring, getting underway and coming to anchor in differing conditions, setting course and the points of sailing, winches, windlass and anchors, dropping anchor and use of kedge
- The bowsprit setting up and leeboards the use of
- Steering by compass and by eye
- Use of lead line and echo sounder
- The importance of keeping a lookout, importance and responsibility of all for and clear meanings when communicating
- Man overboard drill under sail, use of barge boat in calm conditions, recovery of casualty, basic first aid, heaving to, slowing the vessel under control
- Basic maintenance, knots, whippings and splices
- Mooring ropes and making fast
- History and construction
- Working watches

Itinerary		
Monday Arrival and getting under way	Daytime	Board and load the vessel – dependent on tide could be AM or PM Briefing and preparing for sea Safety talk and use of safety equipment, including emergency procedures, use of radio, pumping, firefighting and deck brief Lunch whilst under way if applicable Anchoring, stowing sails and tidying away at the end of the days passage
	Evening	Preparation and serving of dinner, taken in turns by the two watches for the whole ships company and clearing away Discussion of the days sailing with further clarification if required and discussion of the next day's programme Dinghies are carried aboard may be launched for use by participants, also rowing lessons and time ashore if practical, with cover from a safety boat Books and games are also available aboard
Tuesday – Thursday Complete sailing days	Daytime	Breakfast – may be under way dependent on tides Elements of the syllabus under way and at anchor, this is taught inclusively to the watch on deck Lunch is normally eaten under way Anchoring, stowing sails and tidying away at the end of the days passage
	Evening	Preparation and serving of dinner, taken in turns by the two watches for the whole ships company and clearing away Discussion of the days sailing with further clarification if required and discussion of the next day's programme Dinghies are carried aboard may be launched for use by participants, also rowing lessons and time ashore if practical, with cover from a safety boat Books and games are also available aboard
Friday Return and departure	Daytime	Breakfast – may be under way dependant on tides Elements of the syllabus under way and at anchor Sailing back into port – dependent on tide could be AM or PM Lunch whilst under way if applicable Stow away equipment Pack and tidy up De-brief Unload vessel and disembark